DOCUMENT RESUME

ED 191 943 UD 020 832

TITLE Making It Work! A Booklet of Activities to Encourage the Development of Co-Ed Physical Education Programs.
INSTITUTION Michigan State Dept. of Education, Lansing.
PUB DATE May 80
NOTE 58p.: Prepared by the Office of Sex Equity.

EDRS PRICE MF01/PC03 Plus Postage.
DESCRIPTORS *Athletics; *Coeducation; *Games; *Physical Education; *Recreational Activities; Secondary Education; Teaching Guides

ABSTRACT

This booklet includes 20 team games or activities for middle and high school students in coeducational physical education programs. For each activity eight characteristics are listed: (1) type of playing field, (2) equipment, (3) team structure or players, (4) length of activity, (5) basic officiating rules and procedures, (6) scoring, (7) skills stressed in the activity, and (8) conditions of the activity that encourage equal participation by females and males. Diagrams of the beginning set up for each activity are also included. (Author/MK)

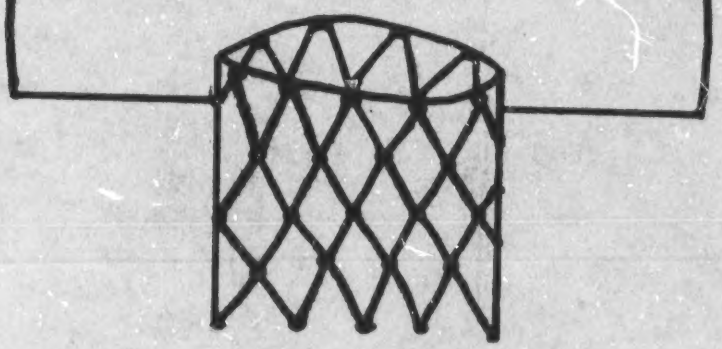
****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

ED191943

JUL 3 1 1980

MAKING IT WORK!

A BOOKLET OF ACTIVITIES TO ENCOURAGE THE DEVELOPMENT OF CO-ED PHYSICAL EDUCATION PROGRAMS



OFFICE FOR SEX EQUITY

MICHIGAN DEPARTMENT OF EDUCATION

MAY 1980

VD020832

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY
T. Johnston
Mich. State Dept. of Ed.
TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

U S DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION
THIS DOCUMENT HAS BEEN REPRODUCED EXACTLY AS RECEIVED FROM THE PERSON OR ORGANIZATION ORIGINATING IT. POINTS OF VIEW OR OPINIONS STATED DO NOT NECESSARILY REPRESENT OFFICIAL NATIONAL INSTITUTE OF EDUCATION POSITION OR POLICY

TABLE OF CONTENTS

	Page
INTRODUCTION	1
DESIGN OF THE BOOKLET	3
ACTIVITIES AND GAMES	
Anyball	4
BVB	6
Bascirque	8
Chain Evasion	10
Cluster Ball	12
Combo Ball	14
Docker Ball	16
Exchange Ball	18
Finlander Ball	20
Frisbee Freeze	22
Frisbee "Throw and Go"	24
Goal Pin	26
Perpetual Motion	28
Pinball	30
Ping Minton	32
Ripoff	34
Scooter Basketball	36
Scooter Scramble	38
Skills Baseball	40
Skōghm	42
DIAGRAMS	44
EVALUATION SHEET	56

INTRODUCTION

With the passage of the Title IX Amendments Act in 1972, co-ed physical education programs became mandatory for public elementary and secondary schools in districts which received federal financial assistance. The "news" was well received in some school districts. In other school systems the thought of making significant changes in physical education programs separated by sex for some time was more distressing.

In anticipation of program changes that would have to be made, the regulations allowed secondary schools three years to achieve compliance. Elementary schools had one year to comply with the physical education section of the regulations. Thus, by July, 1978, all physical education classes operated in a school district were to have been coeducational. Some secondary schools in Michigan used the "adjustment" period to their advantage and gradually phased from a separate program into a co-ed setting over a three year period. Other secondary schools found a great deal of internal resistance to co-ed physical education, so that by the end of the adjustment period, co-ed physical education was not yet being offered to all students. The number of schools requesting technical assistance from the Office for Sex Equity to implement co-ed physical education programs increased, beginning in 1978.

As a result of these requests, in 1979 the Office for Sex Equity piloted four one-day regional conferences throughout the state on "How to Teach Co-Ed Physical Education". Though the pilots were well received by over two hundred physical education teachers, participants in the workshops consistently requested more time in conference and more activities to encourage co-ed participation in their classes.

Pass or Punt? Teaching Co-Ed Physical Education grew out of the pilot workshops. A two-day seminar offered regionally in four areas in the state in February/March of 1980, Pass or Punt focused on creating activities to assist secondary physical education instructors in their co-ed physical education programs. One of the major activities of the Pass or Punt seminar at each regional site was the design and demonstration of a team game or activity which encouraged equal participation by males and females in physical education classes.

This booklet is a collection of the games and activities which were developed by the physical education teachers who attended Pass or Punt. As such, it is a tribute to the imagination and creativity of Michigan public school teachers in this curriculum area. It is being distributed by the Office for Sex Equity, Michigan Department of Education, not only as a curriculum resource, but just as importantly, as a statement from teachers across the state which affirms co-ed physical education does "work" in their schools.

We encourage you to try these activities with your students; modify them if you wish; brainstorm using these activities as a basis!

Because these activities were not used with a group of secondary students, it would be helpful to both the Office for Sex Equity and the teachers who designed the activities to evaluate briefly the activities you did use. For that purpose, an evaluation form has been provided at the back of this booklet. Please return it to the Office for Sex Equity if you use the activities in

your classes at any time during the 1980-81 school year.

If you have developed any team game or activity which you have found useful in your classes, please consider submitting it to the Office for Sex Equity. At some future date we will expand the booklet to include others' class activities. We would welcome your contributions!

DESIGN OF THE BOOKLET

The booklet includes twenty team games or activities for middle school or high school students. The team games are arranged alphabetically by the title given to the activity by the authors. A brief description of the games is provided under the title.

For each activity, eight characteristics are listed: (1) field of play; (2) equipment needed; (3) team structure or players required; (4) length of activity; (5) basic officiating rules and procedures; (6) scoring; (7) skills stressed in the activity, and (8) conditions of the activity which encourage equal participation by females and males. A diagram of the beginning set up for each activity is sketched as well.

Those teachers who designed and demonstrated the activity are identified by name and school under the title.

ANYBALL*

CONTRIBUTORS: Veronica Greason (Midland High); Lynne Mixer (Traverse City High); Bob Strong (Alpena Besser Jr. High); Mack Rusnell (Gaylord Middle); Eldon Houston (Big Rapids High); Sherrie Sundin (Manistee High); Joyce Clevenger (Flint Anderson Elementary); Sally Phillips (Bangor John Glenn High).

DESCRIPTION: A fast moving game which involves primarily passing or shooting a ball to score points in three different ways.

FIELD OF PLAY: Soccer field; gymnasium

EQUIPMENT:
Intermediate size football for outside play
Nerf football for inside play
Cones (goal lines)
Pinnies

PLAYERS/ TEAM STRUCTURE: Flexible, using any equal number of males and females per team.

DURATION: Time limit established by teacher or point maximum established by teacher.

RULES/PROCEDURES:
- Game begins with a jump ball
- Goals are scored by passing the ball across the goal line, passing the ball through a basket, or hitting the basketball backboard with the ball.
- The ball is automatically given to the opposing team on a dropped pass.
- Aerial dribbles are prohibited.
- Players may take 1-1/2 steps with the ball before passing.

- Five second limit for each player holding the ball before it must be passed.
- Following a goal, the ball is given to the opposing team at the spot where goal was scored.
- Alternate passes must go to male, then female.
- Body contact is a foul; ball turns over to opposing team.
- Simultaneous catch by opposing players results in a jump ball.

SCORING:

3 points - Goal scored by passing over goal line
2 points - Goal scored by passing ball into basketball hoop.
1 point - Goal scored by ball hitting basketball backboard.

SKILLS: Running, catching, throwing, dodging

STRESS ON EQUAL PARTICIPATION: The activity requires that the ball passes alternately between female and male on each team. Failure to pass alternately results in ball turnover to the opposing team on the spot.

---

* As the title implies, the type of ball can be varied to include a basketball, volleyball, etc.

BVB

CONTRIBUTORS: Carol Skillman (Waterford Mott); Barbara Weaver (Grosse Pointe Pierce Middle); Richard Thompson (South Lake High); Jerry Weber (Detroit Southwestern High); Ellen Weber (Westland Marshall Jr. High); Laura Topping (Jackson Hunt Middle); Janice Knight (Howell Highlander Way Middle).

DESCRIPTION: A small team game involving a combination of basketball, volleyball and baseball rules where players must make a home run to score a point.

FIELD OF PLAY: Half gymnasium equipped with basketball backboards or full gym with more than one game being played simultaneously.

EQUIPMENT: Volleyball; four no skid bases.

PLAYERS/ TEAM STRUCTURE: Class is divided into two teams, with equal numbers of males and females on each team as possible.

DURATION: Maximum amount of innings determined by teacher or length of class period.

RULES/PROCEDURES:

- Game begins by batter using an underhanded volleyball serve to bat.
- Teams switch after 6 outs or one complete team rotation as batters.
- Ball must be batted over foul line in front of home base.
- 3 shooters and catcher must rotate after each batter.

- Outfielders can't interfere with runners.
- No sliding into home base.
- Catcher must tag the home base.
- Alternate batting order of boy, girl, boy, girl

SCORING:

Out - Fly ball that is caught

Out - Opposing team player makes basket and then throws the ball to home base before batter has reached home base.

1 point - Home run

SKILLS:

Serving, catching, throwing, passing, shooting, running.

STRESS ON EQUAL PARTICIPATION:

There is a balance of the sexes on each team; the rotation in the field encourages both females and males to handle the ball. The alternate batting order allows all players to have a turn.

BASCIRQUE*

CONTRIBUTORS: Connie Van Houten (Grandville High); Valerie Wells (Greenville Middle); Jack Wallace (Fowlerville) Katherine Bevis (Fruitport); Peggy Fillmore (Mason Jr. High); Mike Mack (Mona Shores Jr. High).

DESCRIPTION: A fast paced modification of basketball which scores points for accurate passing as well as shooting.

FIELD OF PLAY: Official size basketball court with four side baskets.

EQUIPMENT: Basketball; pinnies

PLAYERS/ TEAM STRUCTURE: 16 players per team (8 males and 8 females); adaptable for class size of 14 - 60 students.

DURATION: Four quarters each 5 - 7 minutes in length.

RULES/PROCEDURES:

- Official rules of basketball, except.....
- No time outs
- Only one player is allowed in the restraining circle (shooter) and may not leave the circle
- No dribbling; aerial passes only
- On a dropped ball, the ball is given to the opposing team out of bounds nearest the basket where the ball was dropped
- Side baskets are used by either team
- Free throw is awarded if player enters the restraining circle of opposing team
- Ball out of bounds is awarded to opposing team if more than one player of same team is in the restraining circle.

BASCIRQUE (continued)

SCORING:	1 point - side basket 1 point - completed pass into shooter in restraining circle 1 point - free throw 2 points - end basket (field goal)
SKILLS:	Ball handling, dribbling, catching, shooting, passing
STRESS ON EQUAL PARTICIPATION:	A balance in team structure assures equal participation. Required alternate passing can be added to provide an equal chance for all students to participate actively.

---

* Because points are often scored quickly in a number of different ways, scorekeeper and referee must work closely together and understand the point system clearly before the game begins.

CHAIN EVASION

CONTRIBUTORS: Nancy Richardson (Summerfield High); Deborah Woolner (Ypsilanti East Middle); Charles Bencie (South Lake High); Joseph Graber (Warren Consolidated); Harold Younce (Warren Woods High); Shiri Wallace (Fowlerville Middle).

DESCRIPTION: A sophisticated team version of dodgeball which calls for a great deal of team cooperation to win the game.

FIELD OF PLAY: 1/2 of regulation basketball court or outdoor marked areas of comparable size.

EQUIPMENT: 1 - 3 large nerf balls; stopwatch

PLAYERS/ TEAM STRUCTURE: Four teams of any equal numbers and balanced ratio of females and males.

DURATION: No set time; until last member of "chain" is eliminated.

RULES/PROCEDURES:

- One team forms a "chain" composed of alternate male-female "links" by encircling (with player's arms) the waist of the student ahead in the chain.
- Other team members form a circle or rectangle outside the chain.
- The ball is thrown below the waist at the last "link" in the chain.
- When the last "link" is hit, that player leaves the chain.
- Throwers must be behind the boundary lines or circle.

CHAIN EVASION (continued)

- A "break" in the chain eliminates all players behind the broken link.
- The last link in the chain may not be encircled by other members (links) in the chain.
- If throwers are passing to "set up" for an accurate throw to hit the end link on on the chain, passes must alternate among males and females on the circle or rectangle.
- The head "link" may block a thrown ball with arms or legs to protect the end link of the chain.

SCORING: The team whose chain remains in the circle the longest amount of time is declared the winner.

SKILLS: Throwing, catching, passing, dodging, maneuvering.

STRESS ON EQUAL PARTICIPATION: The team composition and alternate passing rule encourages co-ed participation and team cooperation among all students.

CLUSTER BALL

CONTRIBUTORS: Clarice Dewey (Rapid River High); Debbie DeBaker (Mid Peninsula High); Barb Sickler (Lake Linden); Dick Cromwell (Eben); Wayne Peake (Rudyard High); Karen Angeli (Marquette Graveract Middle).

DISTRIBUTION: A game of passing different sized balls rapidly in team rows.

FIELD OF PLAY: Gymnasium

EQUIPMENT: Four balls of various sizes, e.g. soccer ball, tennis ball, football and small nerf ball.

PLAYERS/ TEAM STRUCTURE: Ideally 8 - 12 numbered players per team, with equal sex representation on each team.

DURATION: Game ends when one team scores 30 points.

RULES/PROCEDURES:

- Teams form two rows with boy, girl alternated in each row.
- Game begins by teacher calling two numbers.
- Two players of that number from each team run to 3 foot lines and must pass to each person in that player's team row.
- When the ball has been successfully passed down the row by a player, the player returns the ball on the floor in the center circle and stays standing in place till the score is tallied for the team.
- If pass is missed or dropped, ball must be retrieved by player who missed it.

CLUSTER BALL (continued)

SCORING:

4 points - ball is returned to the circle first.
3 points - ball is returned to the circle second.
2 points - ball is returned to the circle third.
1 point - ball is returned to the circle last.

STRESS ON EQUAL PARTICIPATION:

Alternate team members and division in the rows assures both females and males will participate. The choice of the numbers called by the teamer can also set up the game so that there is one female and one male for each team behind the 3 foot lines.

COMBO BALL

CONTRIBUTORS: Janette Bowers (Jackson Frost Middle); Nick Archer (East Lansing); Connie Spotts (Jackson County Western); Larry Kelly (Michigan Center High); Daryl Wilson (Grosse Ile); Jane Makulsi (Berkley).

DESCRIPTION: A modified form of flag football involving quick passing and/or running a ball over a goal line.

FIELD OF PLAY: Any gymnasium, field or court area with marked end boundary outside lines.

EQUIPMENT: Any type of ball, e.g. football, basketball, frisbee or nerf ball; a flag for each player.

PLAYERS/ TEAM STRUCTURE: Two teams of any size, with four players from each team inside the boundary at one time.

DURATION: Any amount of time, divided and established by the teacher.

RULES/PROCEDURES:

- Teacher begins the game by throwing the ball to the offensive team.
- Defensive team must stay on the goal line until an offensive player catches the "opening" pass from the teacher.
- Play stops when a pass is dropped.
- Offensive team must pass the ball to everyone on the offensive team before a point can be scored.
- Play stops when a player's flag is taken.

COMBO BALL (continued)

- Offensive team may pass the ball to their team members or the sideline player.
- If the defensive team intercepts the ball, they may score, but must pass to everyone on their team before scoring.
- After each point is scored, players inside the field and outside the boundary lines rotate.
- Blocking is prohibited and penalized.
- The offensive team receives four downs before the ball is turned over to the opposing team, unless there is an interception.
- A penalty for the offensive team results in a lost down.
- A penalty for the defensive team results in a gained down.

SCORING: 1 point - ball is thrown to team member across the goal line or ball is run across the goal line.

SKILLS: Passing, catching, dodging, running.

STRESS ON EQUAL PARTICIPATION: The passing rule and rotation system provides for equal participation among all students.

DOCKER BALL

CONTRIBUTORS: Janice Moore (Garden City); Kay Stanek (East Lansing MacDonald Middle); Karen Singer (Howell Middle); Connie Ries (Madison).

DESCRIPTION: A variation of soccer designed for large team play in zoned areas.

FIELD OF PLAY: Gymnasium

EQUIPMENT: Soccer or other round ball.

PLAYERS/ TEAM STRUCTURE: Two teams, each composed of 20 - 24 equally balanced male and female players.

DURATION: One class period; a 3 - 5 minute rotation schedule.

RULES/PROCEDURES:

- Play begins with a face off in the center of the playing field.
- The ball may be touched with only the feet.
- A ball going out of bounds on the sidelines is taken by the opposing team as a roll in at the point where the ball left the field.
- Tripping and pushing are prohibited and penalized by a free kick on the spot.
- Scoring is done only by kicking.
- Kicks over the end line for a score must be below the waist and hit the wall.
- Rotation moves players from one zone to another (see diagram).
- Players must remain in zoned areas.

DOCKER BALL (continued)

SCORING: 1 point - Ball hits the back wall of the opposing team.

SKILLS: Passing, kicking, trapping.

STRESS ON EQUAL PARTICIPATION: The rotation system and the balance of females and males in the four zoned areas encourages the opportunity for all students to experience play at different positions.

EXCHANGE BALL

CONTRIBUTORS: JoAnn Falecki (Stephenson); Barb Perry (Norway); Jerry Pangrazi (Marquette); Arne Henderson (Hancock); Brian Erkkila (Rapid River); Pat Larsen (Marquette).

DESCRIPTION: A game modifying baseball and kickball rules which requires the exchange of different balls as players run the bases.

FIELD OF PLAY: Confined area such as gymnasium.

EQUIPMENT: Safety bat, 4 bases, whiffle ball, nerf soccer ball and nerf football.

PLAYERS/ TEAM STRUCTURE: Two teams (any number) composed of an equal number of males and females.

DURATION: 4 - 6 innings. No outs are allowed. Side retires only when each player has batted once.

RULES/PROCEDURES:

- Football is placed at first base.
- Nerf soccer ball is placed at third base.
- The game begins with the batter hitting the whiffle ball or kicking the whiffle ball (the students' choice).
- Fielder retrieves the hit ball and gives the hit ball to a member of the opposite sex.
- That person then runs to exchange the hit ball with either the third base ball (soccer) or first base ball (football).

- That person uses the exchanged ball to attempt to hit the runner below the waist as the runner advances around the bases.
- Runner must advance at least two bases every time the ball is hit. (The runner cannot stop at just one base to avoid being hit.)
- Players bat alternately between females and males.

SCORING: 1 point - each completed circuit of bases.

SKILLS: Hitting, throwing, running, fielding, agility, team strategy.

STRESS ON EQUAL PARTICIPATION: The exchange rule among fielders provides for both females' and males' active participation. The alternate batting schedule also assures every student has a change to bat in whatever way he or she feels most confident.

FINLANDER BALL

CONTRIBUTORS: Carol Seavoy (L'Anse); Mary Crittenden (Hancock); Dee Brown (Ishpeming); Roy Hamilton (Rudyard); Diana Meunier (Ironwood); Fred Taccolini (Marquette).

DESCRIPTION: A modified form of softball which allows every batter to choose the direction of base running.

FIELD OF PLAY: Indoor or outdoor ball field.

EQUIPMENT: Ball and four bases

PLAYERS/ TEAM STRUCTURE: Two teams composed of any equal number of males and females.

DURATION: The teacher establishes either a time or innings length of game.

RULES/PROCEDURES:

- Standard softball rules are used, except....
- Each team can be required by the teacher to bat all the way through the complete batting lineup before the side retires to the field.
- The teacher has the option to have the student either throw the ball or kick the ball.
- The batter chooses to run either to the left base or the right base.
- Each time the runners must advance in the direction chosen by the batter.
- Two base players must be female. The other two base players must be male.
- Males and females must bat alternately.
- Students can play a base only once till all of their team members have taken a turn as a base player.

FINLANDER BALL (continued)

SCORING: 1 point - each time any runner crosses home plate (The runners do not have to run the entire circle of bases to score a point.)

SKILLS: Running, catching, throwing, quick thinking, strategy.

STRESS ON EQUAL PARTICIPATION: The batting order and fielding rules require equal female and male responsibility to the team.

FRISBEE FREEZE*

CONTRIBUTORS: Linda Sampson (Grand Ledge); Gay Adams (Whitehall); Ted Patterson (Chippewa Hills); Wayne Fries (Saugatuck); Michele Skovera (Maple Valley); Lisa Dorato (Kenowa Hills).

DESCRIPTION: A high scoring, base running game where outs can be scored only by a "freezer".

FIELD OF PLAY: Any indoor or outdoor large playing area.

EQUIPMENT: 1 frisbee and 5 marked zones (4 are safety zones)

PLAYERS/ TEAM STRUCTURE: Any equal number of players per team, with a balance of males and females on each team.

DURATION: One class period

RULES/PROCEDURES:

- Play begins with the "batter" throwing the frisbee anywhere in bounds.
- Fielders attempt to throw the frisbee to the freezer before runner(s) reach a safety zone.
- "Freezer" must yell "freeze" when he/she catches the frisbee.
- Out is made only when runner(s) are caught between safety zones when "freeze" is called out.
- Any number of runners are allowed in each safety zone.
- Runners do <u>not</u> have to advance when the frisbee is tossed by the "batter".
- 3 outs and the side retires.
- There is <u>one out for every runner</u> caught between a safety zone.
- Alternate batting is suggested.

FRISBEE FREEZE (continued)

SCORING:

1 point - Each runner who crosses home plate
3 points - Home run
2 points - A fly ball (frisbee) caught by the fielding team.

SKILLS: Propelling, catching, throwing, running

STRESS ON EQUAL PARTICIPATION: The team composition and alternate rotation of the sex of the "freezer" encourages both males and females to actively participate. The option of running or staying in a safety zone allows each student to make the choice based on his/her running ability.

---

* The team in the field can also score by catching a fly ball (frisbee), even though the team is not at bat. For that reason, paper and pencil scoring is helpful.

FRISBEE "THROW AND GO"

CONTRIBUTORS: Dan Leaver (Fruitport); Kay Moessner (Grand Haven); Sue Broekema (Ravenna); Fran Lund (Big Rapids); Joe Leonard (Grand Rapids).

DESCRIPTION: An activity involving pairs of runners who must each successfully reach a base to score on the toss of a frisbee.

FIELD OF PLAY: Gymnasium or large outdoor area.

EQUIPMENT: 2 frisbees (each a different color); four bases

PLAYERS/ TEAM STRUCTURE: Ideally two teams of 12 - 16 players each, equally balanced with females and males; one team is divided into A and B; other team is divided into C and D.

DURATION: Four outs or a maximum number of runs retires the side (suggested: 15 runs per team for class of 30 - 35 students)

RULES/PROCEDURES:

- On the teacher's signal, one player from teams A and C throws the frisbee anywhere in the playing area.
- Batter from Team A and player from Team B run to their opposite bases.
- Batter from Team C and player from Team D run to their opposite bases.
- Outs include catching a flying frisbee, tagging either runner with the frisbee, or throwing the frisbee to the base before the runner reaches it.

FRISBEE "THROW AND GO" (continued)

- Colored frisbee for Teams A and B can only be thrown to A and B bases.
- Colored frisbee for Teams C and D can only be thrown to C and D bases.
- Pairs return to end of opposite line to start a new round on the teacher's signal.

SCORING: 1 point - Both runners on the team (A and B; C and D) reach the opposite base before they are out. The team with the highest score at the end of the class period is the winner.

SKILLS: Throwing, catching, running, agility, cooperation, strategy.

STRESS ON EQUAL PARTICIPATION: Batting order can be rotated and arranged so that males and females rotate. Base playing positions can also be assigned to an equal number of males and females and rotated after each inning or series of innings.

GOAL PIN

CONTRIBUTORS: Aleta Hursh (Chippewa Hills); Kathleen Rouse (Cedar Springs); Kay Hopkins (Marshall High).

DESCRIPTION: A fast moving game involving teams split into four corners of play who attempt to knock down pins with balls.

FIELD OF PLAY: Gymnasium, divided into four equal areas and goal circles (see diagram).

EQUIPMENT: Two 8" or 10" playground balls, four bowling pins and pinnies.

PLAYERS/ TEAM STRUCTURE: Two teams of any number of equally balanced females and males. Each team is then split in half again. One player on the defending team acts as goalie in that area.

DURATION: One class period. Goalies are switched and alternated male and female every five minutes. Each quarter players in each area switch in that area to become either offensive or defensive team for the second half.

RULES/PROCEDURES:

- Game begins when the official lobs two playing balls onto the field of play.
- Ball is advanced only by passes to teammates in that area.
- At least one pass between one female and male must occur before a score can be attempted.

GOAL PIN (continued)

- Fouls include pushing, tripping or travelling with ball.
- A free pass is allowed for each foul.
- Floor players cannot enter the goalie's protected area to score.
- Scores are made by throwing only.
- Tie balls are given to defending players.
- After a score, the goalie resets the pin and throws the ball back into play.

SCORING: 1 point - Each pin knocked down by offensive team. The team which accumulates the most points at the end of the class period is declared the winner.

SKILLS: Aiming, throwing, catching

STRESS ON EQUAL PARTICIPATION: The passing rules enable both males and females to participate. Required shifts in taking the goal and switching offensive and defensive teams in each area encourages all students to have an opportunity to play different positions and adopt new strategies.

PERPETUAL MOTION

CONTRIBUTORS: Boku Hendrickson (East Lansing Hannah Middle); Bill Dowell (Holt Middle); Christine Lake (Jackson County Western); Shirley Garrity (Flint Hamady Jr. High); J. D. Vlaz (Warren Woods); Carolyn Benninger (Livonia Churchill); Don Detter (Farmington Power Jr. High); JoAnn Burns (Lansing).

DESCRIPTION: An activity which uses male/female pairs in teams which attempt to score in four cornered goal areas.

FIELD OF PLAY: A marked, 25 x 50 yard rectangular area.

EQUIPMENT: 2 nerf soccer balls, pinnies and 8 pylons as goal boundaries.

PLAYERS/ TEAM STRUCTURE: Each team is composed of 8 players who are divided in four male/female pairs of goalies, north forwards, south forwards and rovers. Goalies are made up of one male and one female for each team.

DURATION: Two 15 minute halves. All positions rotate every five minutes.

RULES/PROCEDURES:

- Play begins with a pass in at midpoint by each rover to a teammate.
- Ball can be advanced by a kick pass or aerial pass.
- Travelling is prohibited and the ball is awarded on the spot to the opposing team.

- Goalie has unlimited privileges but may not score.
- An out of bounds ball results in a change of possession, with the ball being thrown in from out of bounds where it left the field.
- Goal is scored when ball passes over goal lines.
- Body contact is prohibited and penalized by a free kick on the spot.

SCORING: 2 points - goal is scored by kicking
1 point - goal is scored by throwing

SKILLS: Throwing, kicking, passing, running, catching, team cooperation.

STRESS ON EQUAL PARTICIPATION: The use of mixed pairs and the required rotation among the four positions maximizes females and males working together throughout all of the game. The required balance of the goalies also encourages equal participation by all students.

PINBALL

CONTRIBUTORS: Linda Miller (Byron Center Middle); Mike Hansen (Grand Ledge High); Ruthann Malone (Hopkins High); Jim Scott (Whitehall High); Larry Randall (Jenison High); Ron Cosgrove (Dwight Rich Jr. High).

DESCRIPTION: A variation of baseball which requires runners to make a home run before fielders and base players complete tasks at a base.

FIELD OF PLAY: Softball diamond or gymnasium

EQUIPMENT: Five bases; three bowling pins; 10" utility ball

PLAYERS/ TEAM STRUCTURE: Two teams composed of 18 - 20 players per team

DURATION: One class period

RULES/PROCEDURES:

- Fielders retrieve the batted ball, then throw the ball to each base player who must knock down the pin at each base with the ball.
- Official softball rules are used, except.....
- Side retires only when the batting lineup has been completed once.
- An out occurs when all base players have knocked over the pins and the catcher has the ball before the runner reaches the home base.
- A runner is out if the runner knocks over a pin when circling the bases.
- A fielder can choose to throw to either the first or third base player.

PINBALL (continued)

- The runner can choose to run either clockwise or counterclockwise around the bases.
- Ball is batted by striking with the arm, fist or hand.
- Base playing positions and batters are alternated between males and females.

SCORING: 1 point - each run scored.

SKILLS: Throwing, catching, running, team cooperation

STRESS ON EQUAL PARTICIPATION: Rotating positions, base players and alternating batters assure that both females and males will be actively participating.

PING MINTON

CONTRIBUTORS: Ginny Hartzler (Jackson Hunt Middle); Lee Quinn (Michigan Dept. of Ed.); Bob Beaumont (Bay City); Judy Acker (Fowlerville); Lacey Bernard (Flint); Linda Reid (Holt); Roger Springsteen (Livonia); Jan Sander (Warren Tower).

DESCRIPTION: An activity combining badmitton, ping pong and volleyball

FIELD OF PLAY: Indoor volleyball court

EQUIPMENT: Ping pong paddle for each player; outdoor badmitton shuttlecock; volleyball net (or rope)

PLAYERS/ TEAM STRUCTURE: 6 - 12 players per team, composed of an equal number of males and females. Maximum of 12 players per team.

DURATION: The teacher can establish by time limit or maximum point limit.

RULES/PROCEDURES:
- Volleyball rules are followed, except.....
- Spiking is prohibited
- One "help" is allowed on the serve
- The paddle cannot touch the net
- Players are positioned on the court by alternating males and females.

SCORING: 1 point on serve. Game is won by scoring 15 points with two point margin.

SKILLS: Striking, sccuracy skills, eye hand coordination, team cooperation

STRESS ON EQUAL PARTICIPATION: The balance in the team structure and the required positioning of team members stresses an equal chance to play in the game.

RIP OFF

CONTRIBUTORS: Ed Burrows (East Jordon); Debbie Conklin (Elk Rapids); Jan Gildner (West Branch); Bob Hermeyer (Meridian); Pat Lewallen (Traverse City); Mary Michails (Manley); Pete Moss (Benzie); Irv Sigler (Cheboygan).

DESCRIPTION: A face-to-face activity wherein "football" runners attempt to run the length of the playing area without dropping the ball or having the flag "ripped off".

FIELD OF PLAY: A basketball court, divided into three parts

EQUIPMENT: Football and flags

PLAYERS/ TEAM STRUCTURE: Nine or more players per team, with an equal number of females and males on each team.

DURATION: Thirty minutes or one class period

RULES/PROCEDURES:

- The defensive and offensive teams alternate with female/male at opposite ends of the field.
- The first three players in the defensive team move out to each assume a defensive position in a zone.
- One offensive team member carries the ball, attempting to run over the opposing team's end line without dropping the ball or getting the flag "ripped off" by the defending player.
- Defensive people rotate forward after each offensive attempt to score.
- If the ball is dropped, the player must retrieve it and continue to attempt to score.

- Side retires after every player on that team has had a chance to run the ball.

SCORING: 1 point - Each player successfully running through all three zones without having the flag "ripped off".

SKILLS: Agility, running, reflex skills

STRESS ON EQUAL PARTICIPATION: The face to face design of the game encourages girls to experience a more aggressive activity. Each player, regardless of sex, also has a chance to play all positions.

SCOOTER BASKETBALL

CONTRIBUTORS: Richard Wilt (Bath); Joan Leonall (Cheboygan); Dick Taylor (West Branch); Lee Jones (Cadillac); Judy Dawson (Flint); Winford Woods (Flint); Terry Ebright (Traverse City); Ann Doty (Grayling Middle); Gail Porter (Benzie Central High).

DESCRIPTION: A "highly charged" activity which requires males and females to act in pairs to score points for their team.

FIELD OF PLAY: Gymnasium or basketball court

EQUIPMENT: Basketball, 10 scooters (preferably small), pinnies

PLAYERS/ TEAM STRUCTURE: 10 players per team, with 5 females as pullers and 5 males as sitters or vice versa

DURATION: Two halves of 10 minutes each, or the teacher can establish the time

RULES/PROCEDURES:

- Players have an opposite sexed partner.
- Teacher decides whether females will sit on scooter and males will pull, or vice versa.
- Play begins with the official tossing the ball in a circle where players have positioned themselves.
- Players sitting on scooters may pass, roll, dribble or hold the ball.
- Pushers may not touch the ball.
- Ball can be taken by the opponent by grabbing.
- Only one opponent can attempt to take the ball from the player who has possession of it.
- If a player is knocked off the scooter, that player must get rid of the ball.

- Out of bounds ball is treated as a turnover.
- "Pushers" and "sitters" switch positions at a designated time.
- Players can shoot from a sitting or kneeling position on the scooter.
- There are no fouls.

SCORING: 2 points = 1 basket

SKILLS: Endurance, strength, balance, throwing

STRESS ON EQUAL PARTICIPATION: Males and females work in pairs throughout the whole game. Also, an equal amount of time is allowed for each sex to assume a sitting or pulling position.

SCOOTER SCRAMBLE

CONTRIBUTORS: Dick Johoske (Roscommon); George VanderHoff (Benzie); Duane Christian (Flint); Lynn Smith (Cadillac); Jean Johns (Traverse City); Dory McNeil (Unionville - Sebewaing); Mary Sue Rose (East Jordon High); Tom Weede (Roscommon); Judy McDonald (Lake Orion).

DESCRIPTION: An activity requiring all defending players to do an exercise, including making a basket, to score an out against the opposing team.

FIELD OF PLAY: Gymnasium (full if possible)

EQUIPMENT: 1 scooter, 10" utility ball and 2 - 4 bases

PLAYERS/ TEAM STRUCTURE: A minimum of seven players per team, with equal number of females and males on each team.

DURATION: Innings, depending on the length of class and 3 outs per inning.

RULES/PROCEDURES:

- The offensive team divides into female/male pairs.
- Each pair is composed of one player sitting on scooter and the other player pushing the partner. Each pair "bats".
- The ball is hit with the hand of the person sitting on the scooter.
- Defending player must retrieve the ball.
- The defending team must make three passes among alternating males and females on the team, and then pass into the shooter.
- The shooter must make a basket before the puller/sitter on the scooter reaches home base.

SCOOTER SCRAMBLE (continued)

- At each base both the puller and sitter on the scooter must do five jumping jacks, then switch positions and continue around the bases.
- All defending team members must do jumping jacks until an out is made, or until the pair on the scooter reaches home base.*
- Shooters must shoot from the free throw line.

SCORING: 1 point - Each time pair returns to home base before an out is made.

SKILLS: Running, catching, throwing, shooting, cardiovascular

STRESS ON EQUAL PARTICIPATION: The design of the game is built around a male/female pair who scores points by cooperatively changing positions quickly throughout the game. The passing rule in the field also encourages all students to be a part of the activity.

---

* These exercises may vary and include jumping rope, push-ups, etc.

SKILLS BASEBALL

CONTRIBUTORS: Susan Pinsoneault (Roscommon); Gary Rigiel (Flint); John Lober (Traverse City); Judy Welch (Benzie Central); Nancy Forcier (Gaylord St. Mary); Nancy Schopieray (Big Rapids); Mike Viele (Tawas Area).

DESCRIPTION: A modification of baseball which allows for a great deal of variation to practice whatever skills the teacher is stressing at the time.

FIELD OF PLAY: Half gymnasium or outdoor area. No boundaries are designated.

EQUIPMENT: Varies, depending upon skills stressed (See Rules/Procedures below); 4 bases; soccer or utility ball

PLAYERS/ TEAM STRUCTURE: An unlimited number of equal males and females per team.

DURATION: Innings with 3 outs, or a maximum number of batters for smaller teams.

RULES/PROCEDURES:

- Equipment or task is defined for each base. For example, 2 jump ropes at first base, basketball and basket at second base, and 5 jumping jacks at third base.
- Play begins with the batter kicking the ball on a rolled pitch.
- The defending team must retrieve the ball and throw to the first base player who must complete the task. The ball then goes to the other base players who must complete their given tasks.

SKILLS BASEBALL (continued)

- At each base the runner must also complete the task at that base.
- An out occurs when all defending base players have successfully completed their task and the catcher has the ball before the runner has circled all the bases and completed the tasks at each of the bases.
- The defending team must rotate base players after every two batters.
- Batters must alternate among females and males.

SCORING: 1 point - Each time runner successfully beats the ball to home base.

SKILLS: Unlimited, depending upon the tasks at each base

STRESS ON EQUAL PARTICIPATION: The tasks selected by the teacher can combine those often thought to be traditionally for one sex or the other, thereby encouraging all students to experience new activities. The batting lineup and exchange of base players in the field assures that both females and males will have an opportunity to participate.

SKŌGHM

CONTRIBUTORS:	Mike Holton (Rockford Jr. High); Linda Golembiewski (Grandville Jr. High); Jan Oleszczuk (Forest Hills Central High); Dave Shipman (Holt High); Pat Kalsbeek (Grand Haven High); Jerry Minier (Grand Rapids Union High); Anne George (Muskegon Mona Shores High).
DESCRIPTION:	A quick passing game wherein the team can score only by successfully passing among all team members.
FIELD OF PLAY:	Gymnasium divided into half, or smaller area also divided
EQUIPMENT:	Ball and pinnies
PLAYERS/ TEAM STRUCTURE:	12 players per team (6 males, 6 females); unlimited number of substitutes
DURATION:	10 minutes per game
RULES/PROCEDURES:	- Play begins with a jump ball. - Dribbling is prohibited. - Only aerial passes are allowed. - If the ball is dropped, the team must begin the passing sequence again. - Contact is prohibited and penalized by one minute in the penalty box, or until the opposing team scores a point. - Males and females must be alternately positioned on either half of the floor. - Players may not cross into the other half of the floor. - Passes must alternate between males and females.

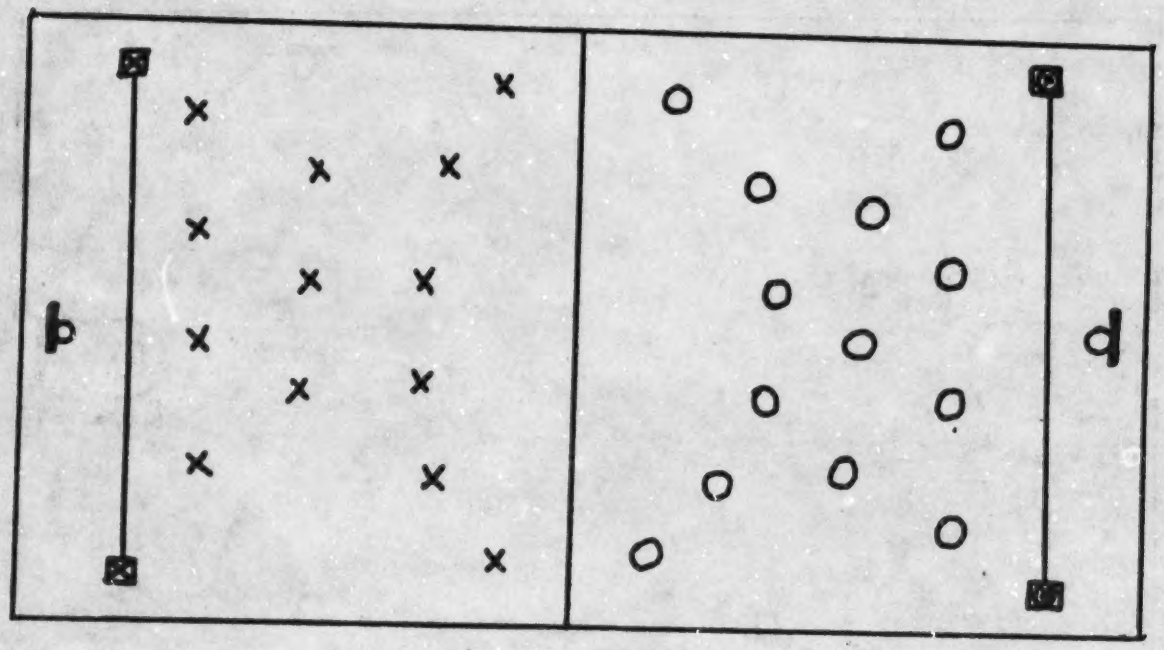
SKŌGHM (continued)

SCORING:	1 point - Each time that the ball is successfully passed among <u>all</u> team members
SKILLS:	Passing, catching, team cooperation
STRESS ON EQUAL PARTICIPATION:	The rules of the game require that all students catch the ball. The design of the team structure and the floor positioning of the players also maximize cooperation and participation among both males and females.

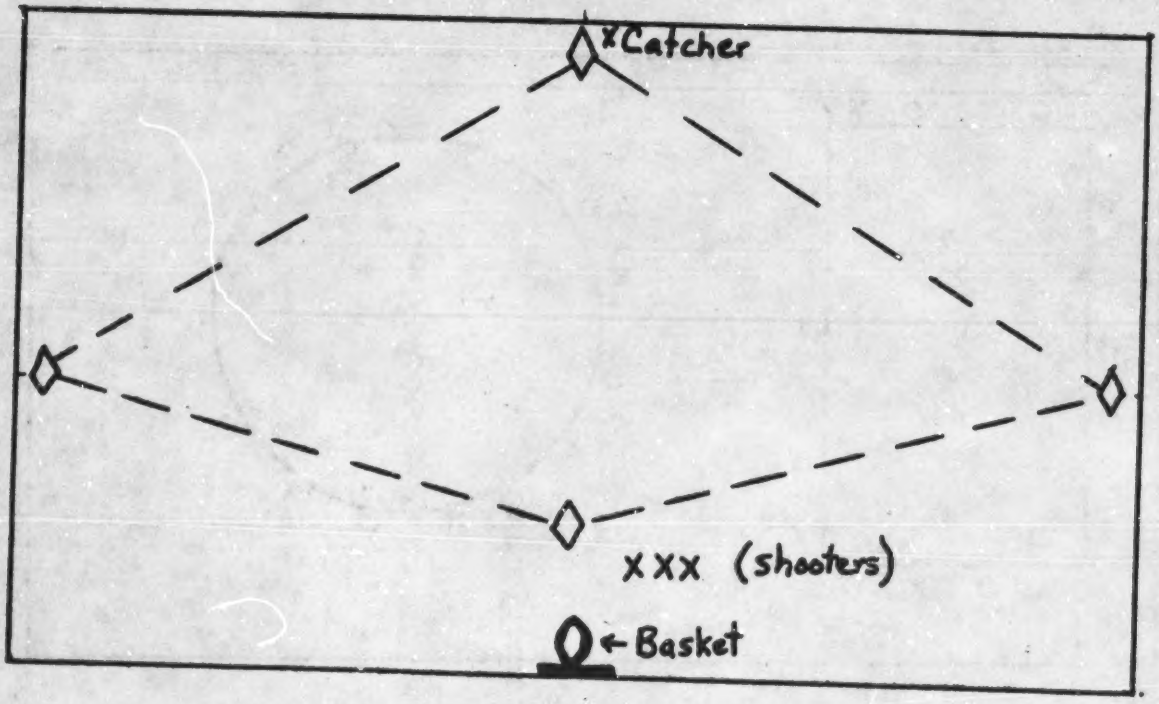
DIAGRAMS

Arranged Alphabetically By The

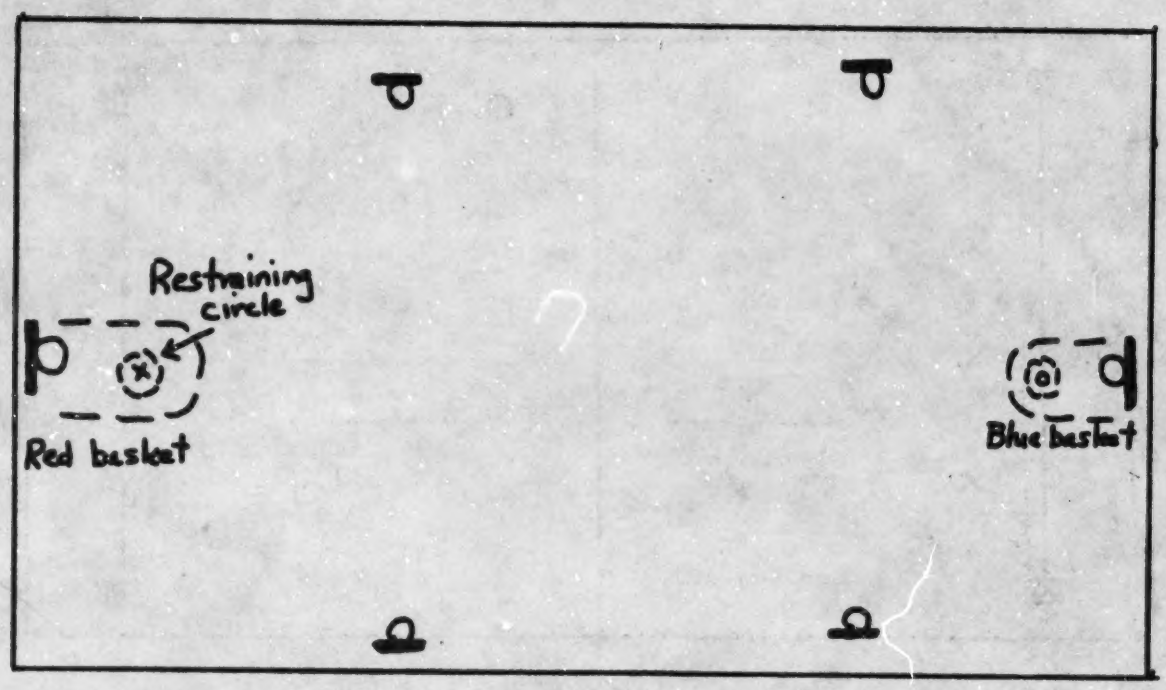
Title of the Activity



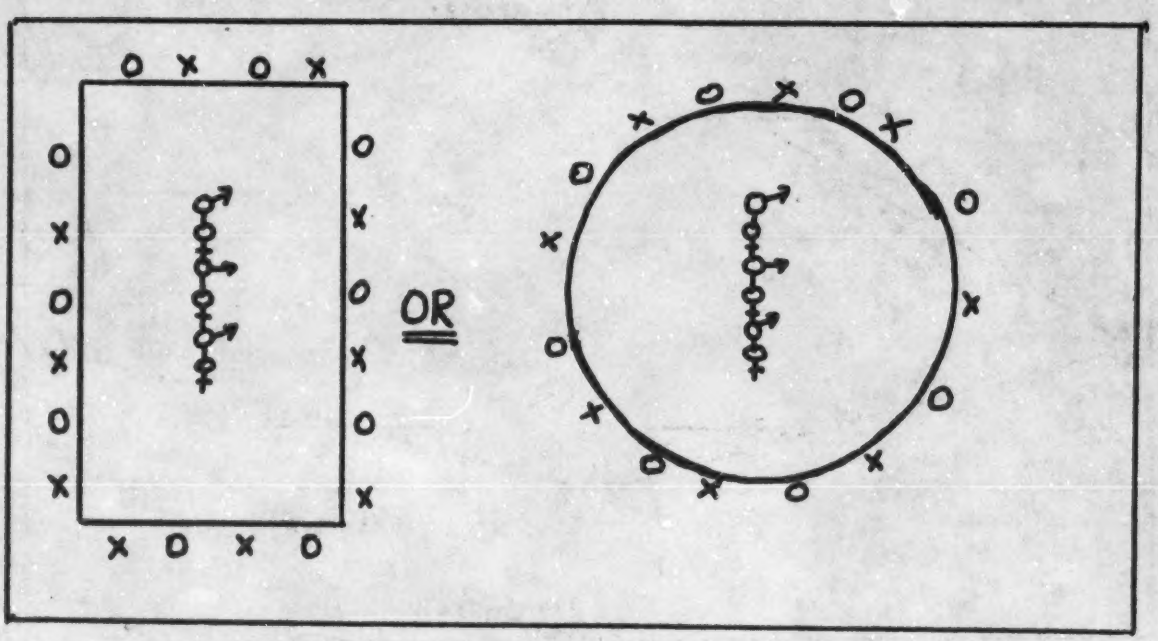
ANYBALL



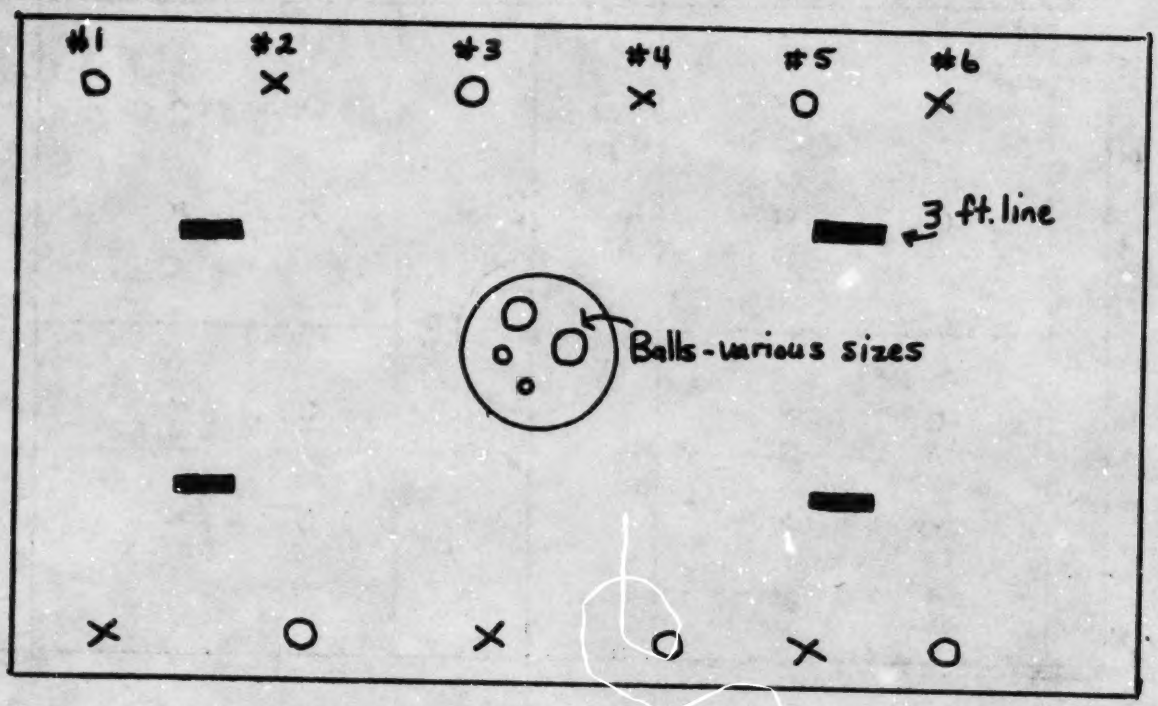
BVD



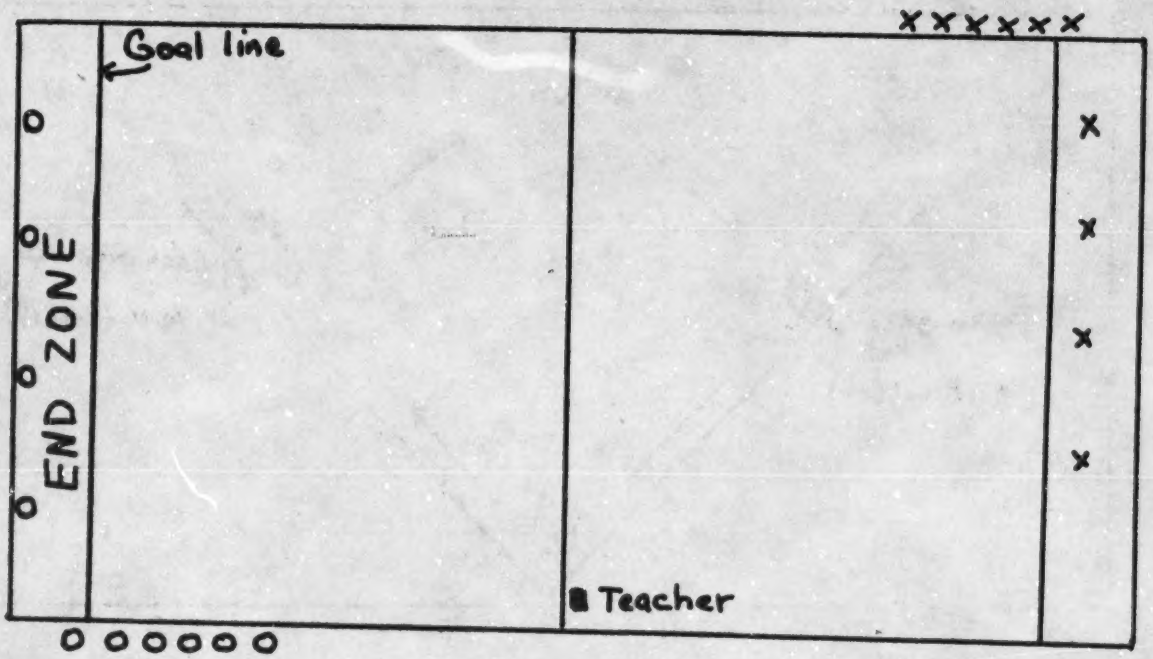
BASCIRQUE



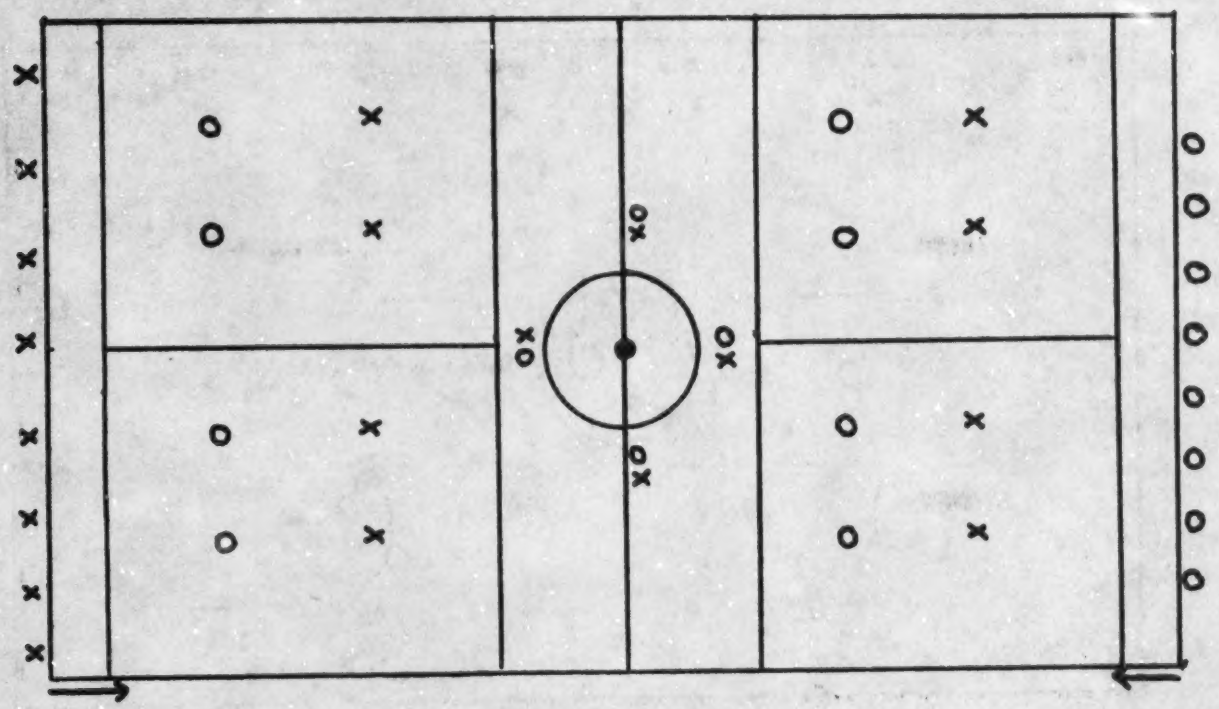
CHAIN EVASION



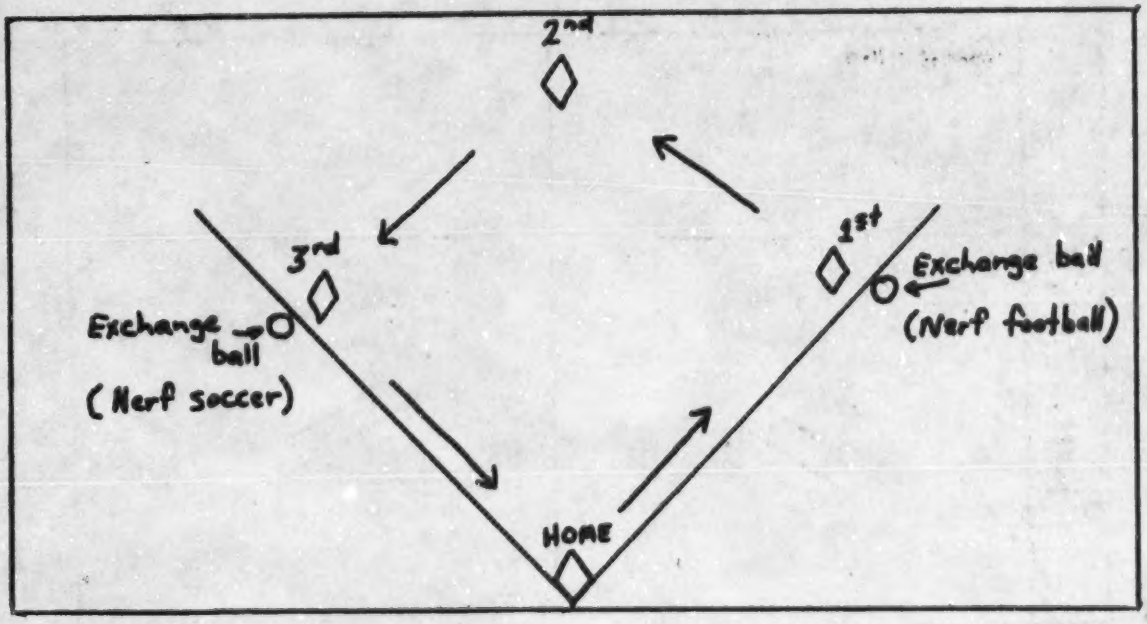
CLUSTER BALL



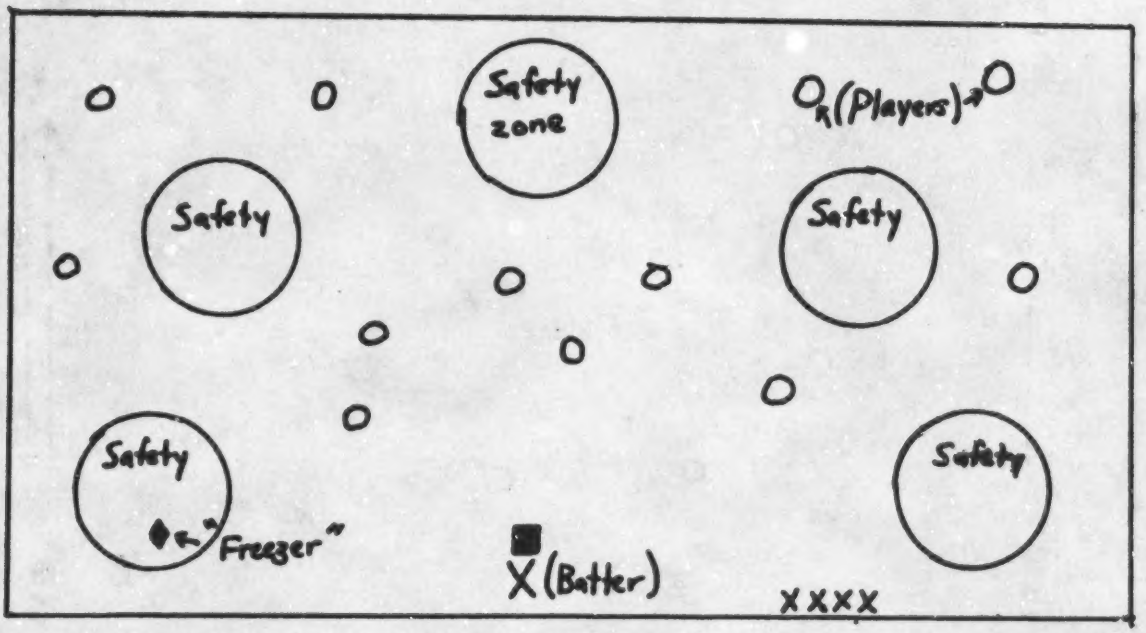
COMBO BALL



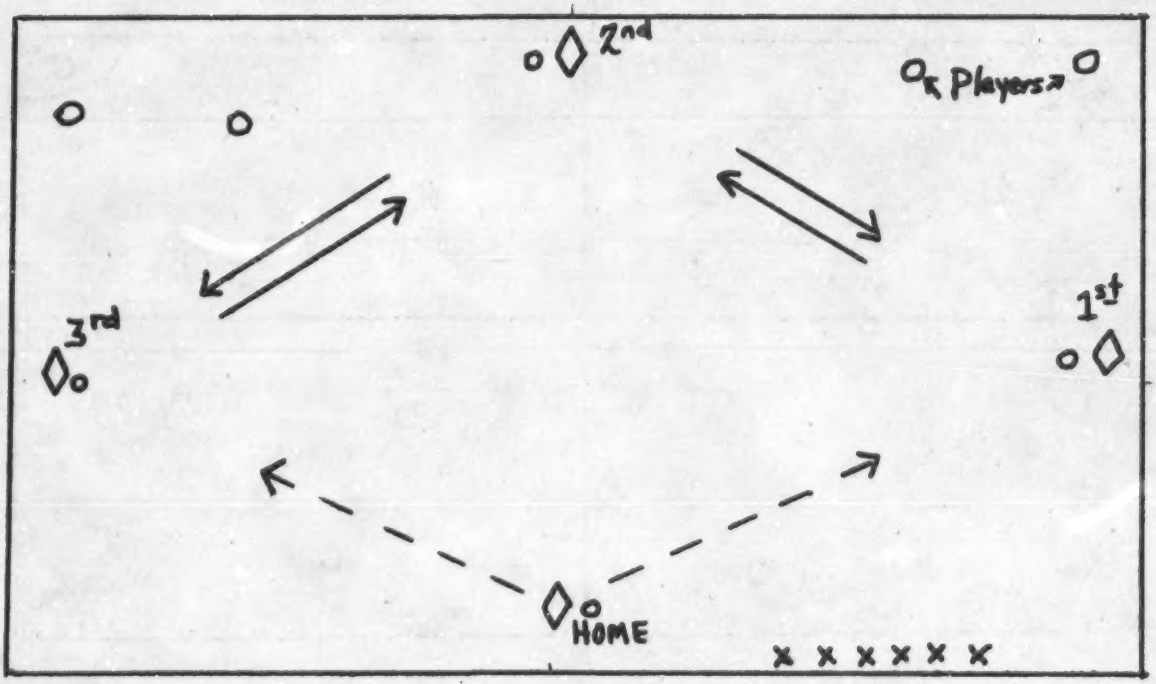
DOCKER BALL



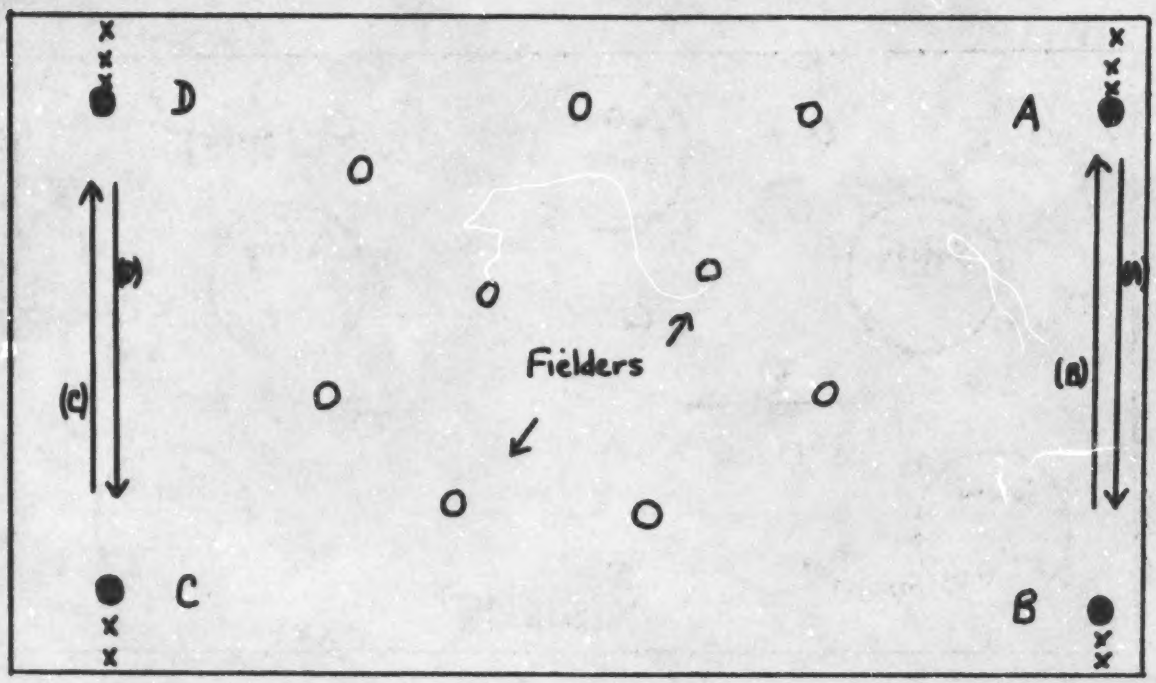
EXCHANGE BALL



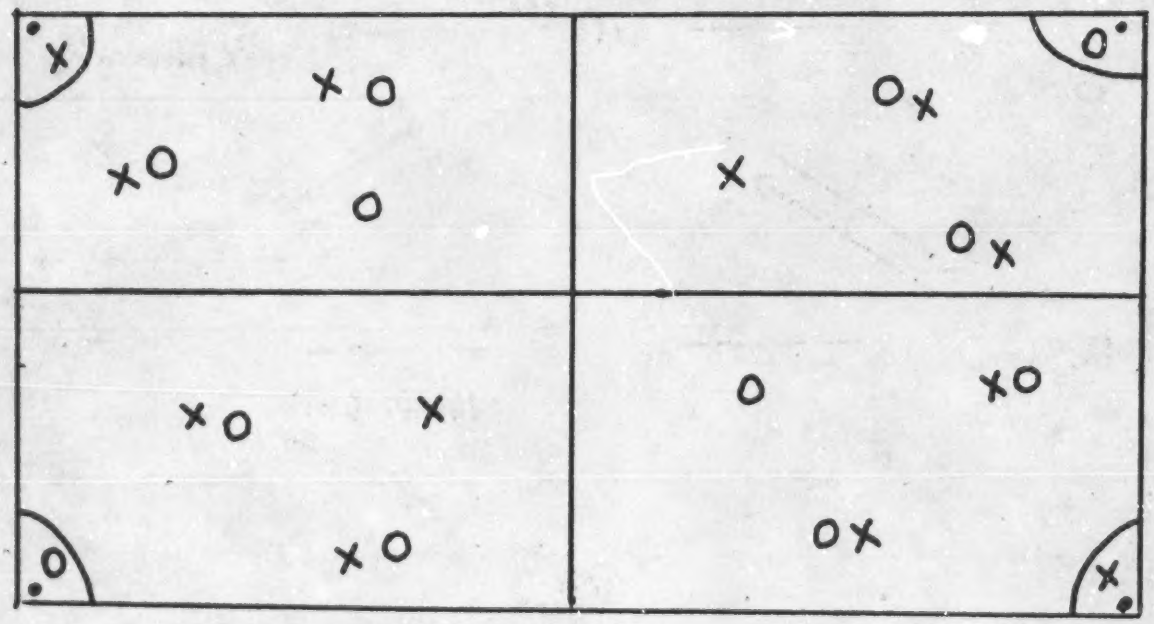
FRISBEE FREEZE



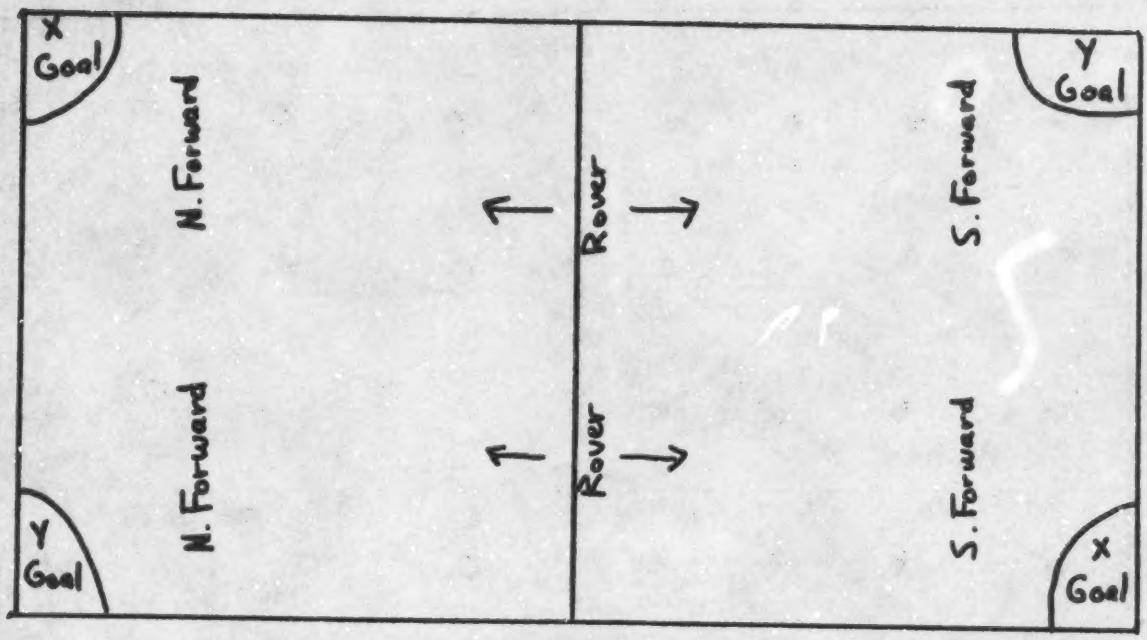
FINLANDER BALL



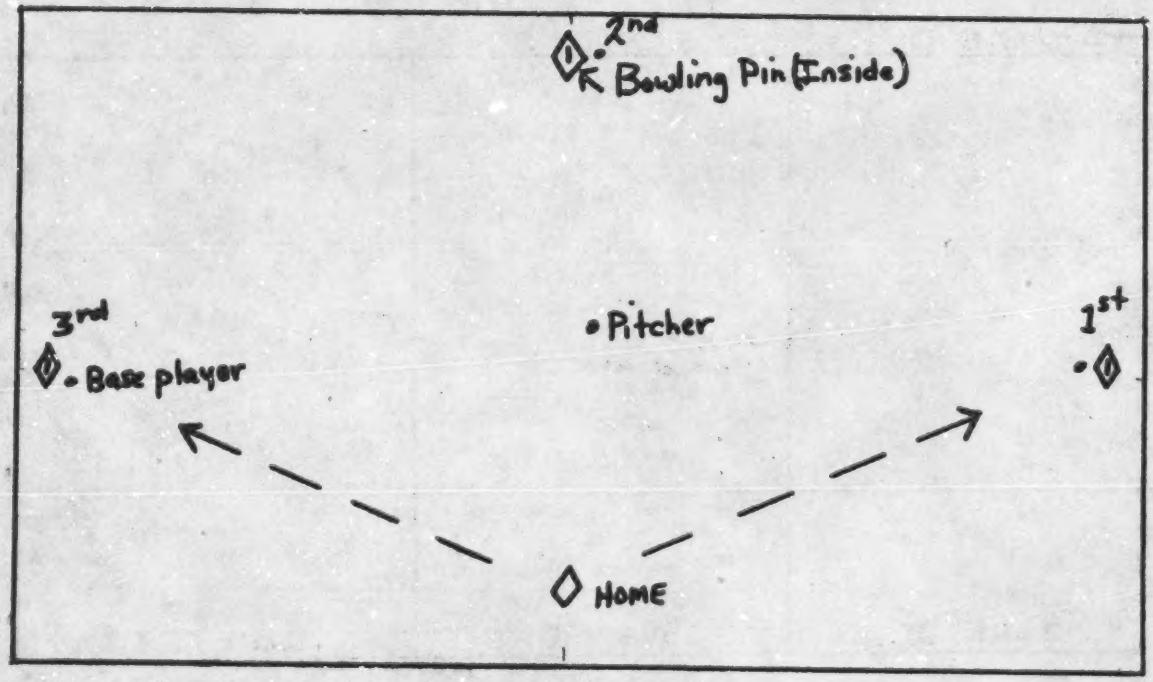
FRISBEE "THROW AND GO"

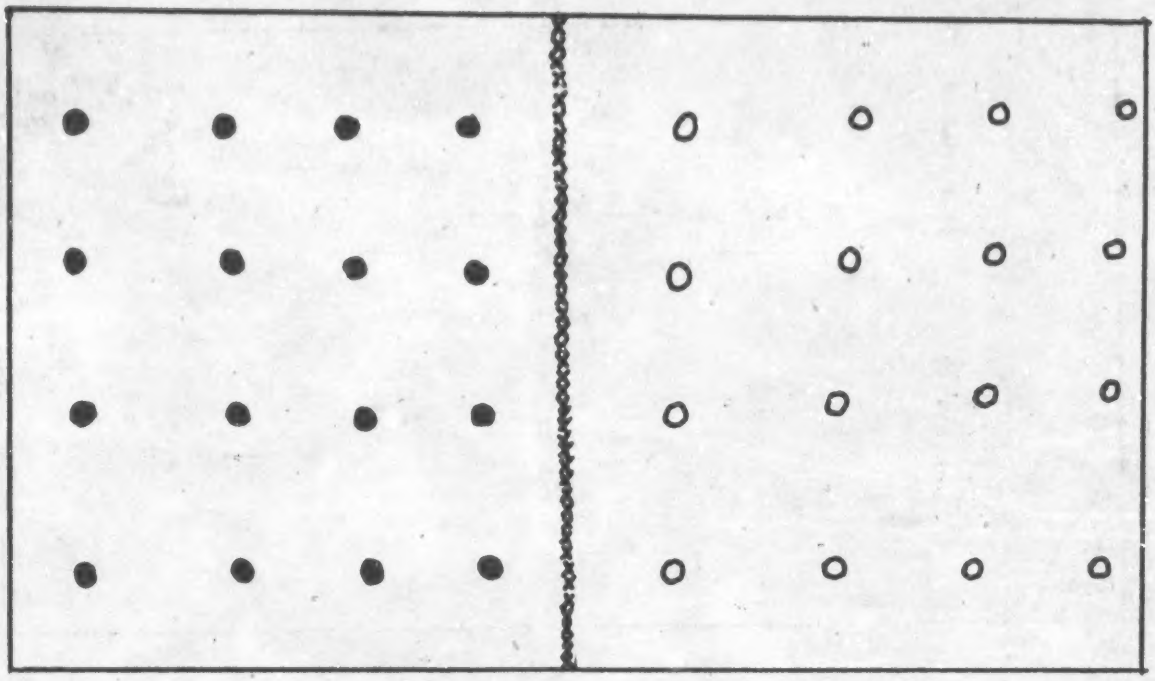


GOAL PIN

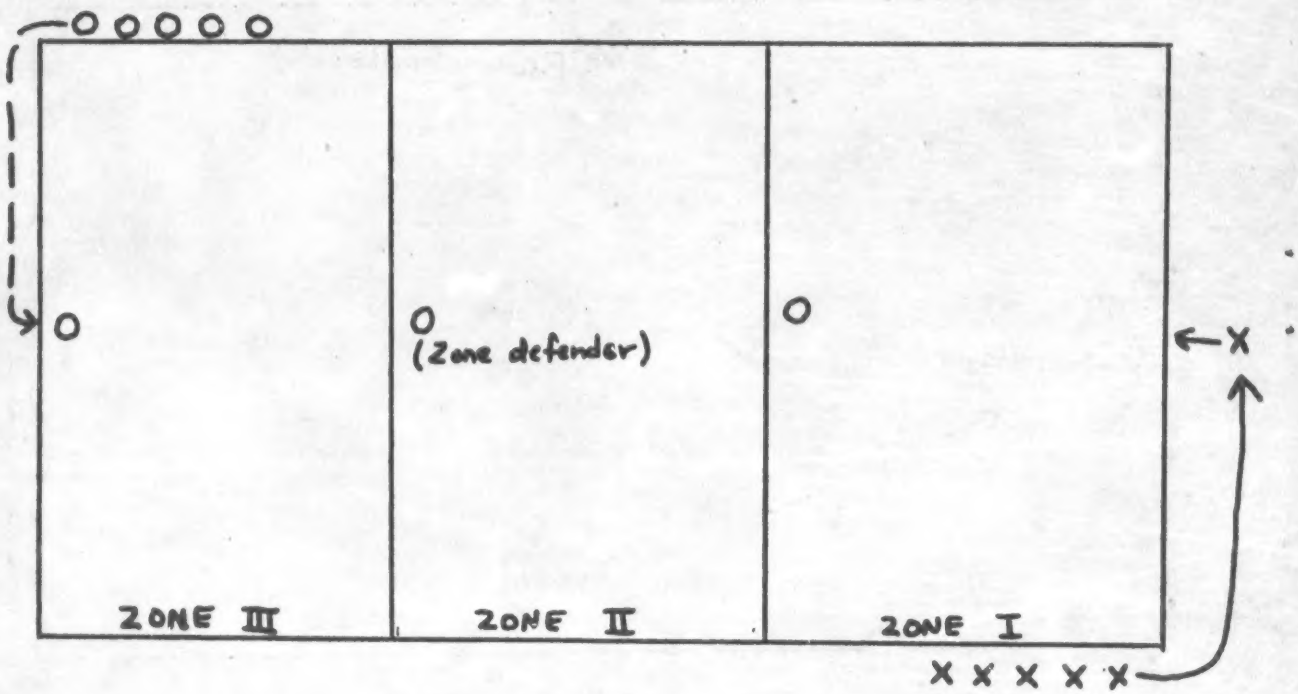


PERPETUAL MOTION

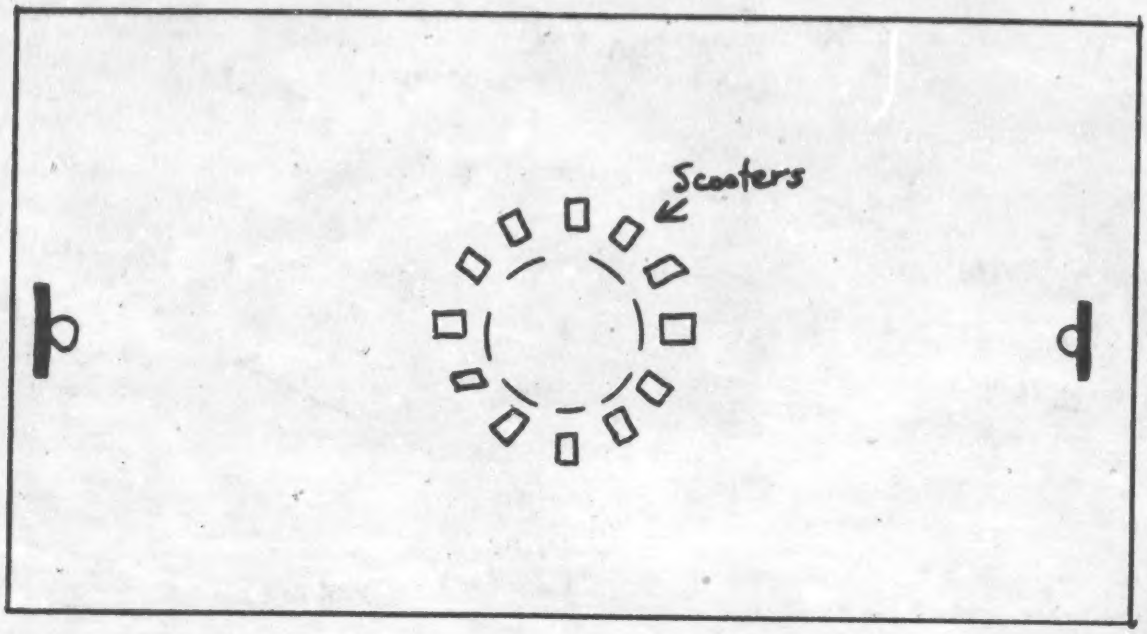




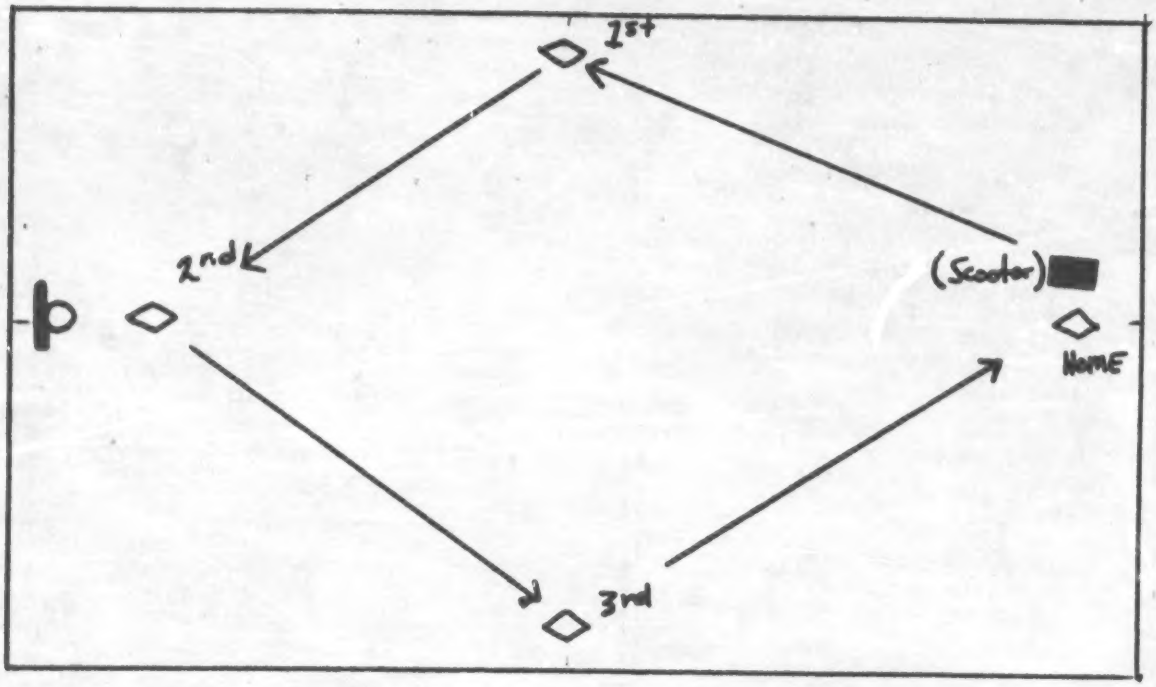
PING MINTON



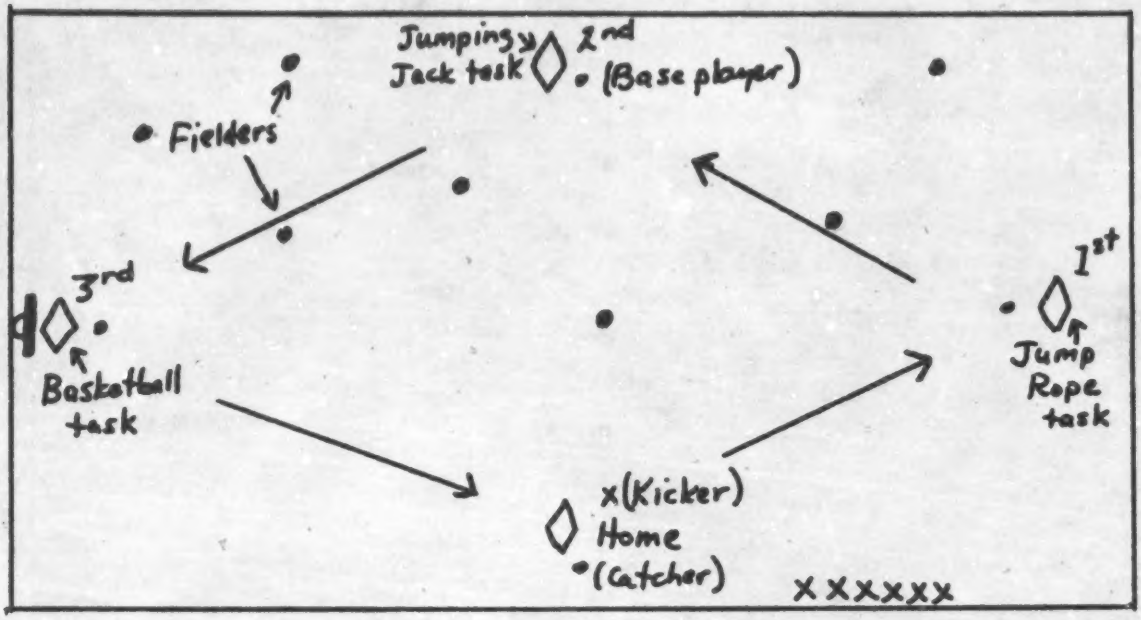
RIP OFF



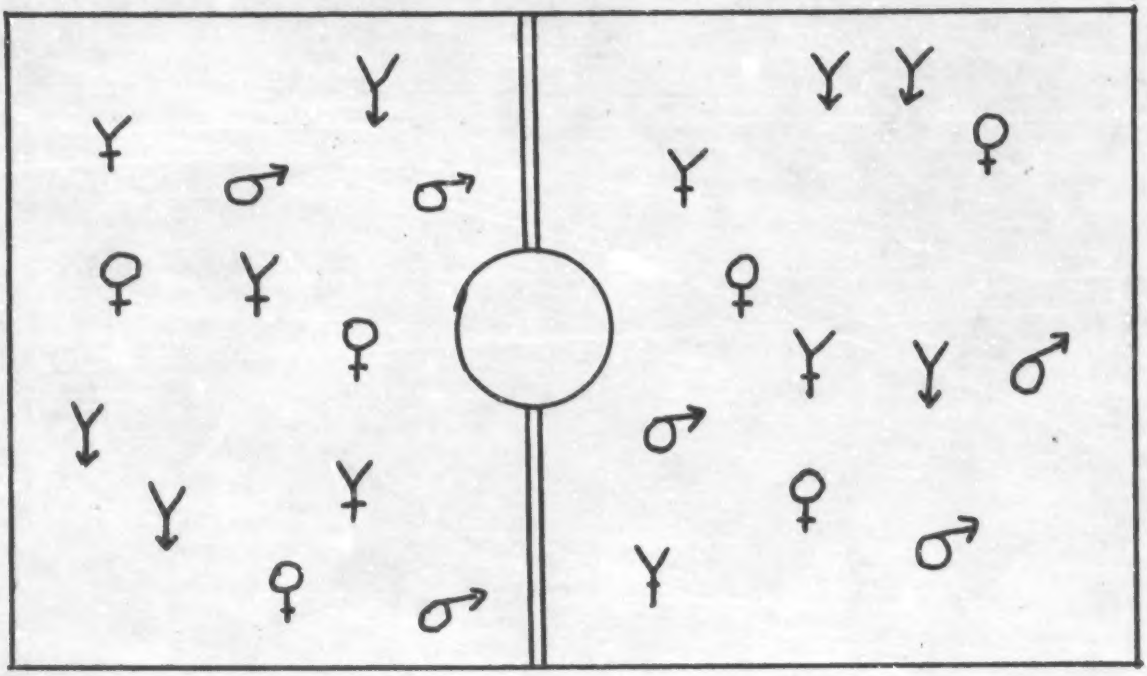
SCOOTER BASKETBALL



SCOOTER SCRAMBLE



SKILLS BASEBALL



EVALUATION SHEET

MAKING IT WORK!

A BOOKLET OF ACTIVITIES TO ENCOURAGE THE DEVELOPMENT OF CO-ED PHYSICAL EDUCATION PROGRAMS

Please check the following:

GAMES	Did you use the game?		With Whom?			Rating		
	Yes	No	Middle	9-10	11-12	Good 1	Fair 2	Poor 3
ANYBALL	( )	( )	( )	( )	( )	( )	( )	( )
BVD	( )	( )	( )	( )	( )	( )	( )	( )
BASCIRQUE	( )	( )	( )	( )	( )	( )	( )	( )
CHAIN EVASION	( )	( )	( )	( )	( )	( )	( )	( )
CLUSTER BALL	( )	( )	( )	( )	( )	( )	( )	( )
COMBO BALL	( )	( )	( )	( )	( )	( )	( )	( )
DOCKER BALL	( )	( )	( )	( )	( )	( )	( )	( )
EXCHANGE BALL	( )	( )	( )	( )	( )	( )	( )	( )
FINLANDER BALL	( )	( )	( )	( )	( )	( )	( )	( )
FRISBEE FREEZE	( )	( )	( )	( )	( )	( )	( )	( )
FRISBEE "THROW AND GO"	( )	( )	( )	( )	( )	( )	( )	( )
GOAL PIN	( )	( )	( )	( )	( )	( )	( )	( )
PERPETUAL MOTION	( )	( )	( )	( )	( )	( )	( )	( )
PINBALL	( )	( )	( )	( )	( )	( )	( )	( )
PING MINTON	( )	( )	( )	( )	( )	( )	( )	( )
RIP OFF	( )	( )	( )	( )	( )	( )	( )	( )
SCOOTER BASKETBALL	( )	( )	( )	( )	( )	( )	( )	( )
SCOOTER SCRAMBLE	( )	( )	( )	( )	( )	( )	( )	( )
SKILLS BASEBALL	( )	( )	( )	( )	( )	( )	( )	( )
SKŌGHM	( )	( )	( )	( )	( )	( )	( )	( )

ANY COMMENTS? _____